

BISHOP WORDSWORTH'S SCHOOL

SPORTS DAY 2016

at

the Athletics Track at SWGS

on

Tuesday 12 July

9.30 am to 3.30 pm

SPORTS DAY PROGRAMME

EVENT	TIME
Registration at Track	9.10
All Track and Field events start	9.30
Registration at Track	2.50
PRESENTATIONS	3.00
Dismissal	3.30 approx

BEST ATHLETE OF 2015 SPORTS DAY

**YEAR 7 L.Duckett
YEAR 8 T.Andre-Browning
YEAR 9 J.Hole
YEAR 10 P.Case
YEAR 12 H.Thomas**

THE EMMETT SHIELD

J.Hole 9J

FORM WINNERS 2015

**YEAR 7 Osmund
YEAR 8 Martival
YEAR 9 Jewel
YEAR 10 Martival
YEAR 12 Martival**

SPORTS DAY HOUSE CHAMPIONS 2015

**1st Martival
2nd Osmund
3rd Poore
4th Jewel**

SAFETY RULES

- 1) **NO** equipment to be taken by any competitors unless told to do so by, and supervised, by a member of staff.
- 2) Practices will take place only from the correct area and only under staff supervision. **ONE** practice attempt will be allowed for each competitor.
- 3) **ALL** non-throwing competitors and spectators will stay **WELL** behind any competing athletes. **NO** person should be in front of any throwing event unless judging or helping an official.
- 4) In throwing events, it is the **THROWER** who is responsible for ensuring a clear field of throw.
- 5) No boys must walk across the middle of the track **AT ANY TIME**.

NOTES FOR ATHLETES

- 1) For all track events athletes must report to the Start Area at least 10 minutes before the start.
- 2) If a clash occurs between a track and a field event then the track event will take precedence. Athletes must ensure they have reported to the field event official. However, they must return immediately to the field event to complete it; if they delay they risk disqualification.
- 3) In all field events, except the High Jump, the competitors will be allowed three attempts.
- 4) If a clash occurs between any field event and the High Jump, the High Jump must be completed first. However, athletes must ensure they have reported to both sets of officials.

TRACK PROGRAMME

	Event	Age Group
9.30 9.36 9.42 9.48 9.54	Hurdles Hurdles Hurdles Hurdles Hurdles	Year 7 Year 8 Year 9 Year 10 Year 12
10.00 10.08 10.16 10.24 10.32	800 metres 800 metres 800 metres 800 metres 800 metres	Year 7 Year 8 Year 9 Year 10 Year 12
10.40 10.45 10.50 10.55 11.00	100 metres 100 metres 100 metres 100 metres 100 metres	Year 7 Year 8 Year 9 Year 10 Year 12
11.05 11.11 11.17 11.23	300 metres 300 metres 400 metres 400 metres	Year 8 Year 9 Year 10 Year 12
11.30	<i>TRACK LUNCH BREAK</i>	
12.00 12.08 12.16 12.24 12.32	200 metres 200 metres 200 metres 200 metres 200 metres	Year 7 Year 8 Year 9 Year 10 Year 12
12.40 12.50 13.00 13.10 13.20	1500 metres 1500 metres 1500 metres 1500 metres 1500 metres	Year 7 Year 8 Year 9 Year 10 Year 12
13.30 14.00 14.15 14.30 14.45	4 x 100 metres Relay 4 x 100 metres Relay 4 x 100 metres Relay 4 x 100 metres Relay 4 x 100 metres Relay	Year 7 (7 teams) Year 8 (3 teams) Year 9 (3 teams) Year 10 (3 teams) Year 12 (2 teams)
15.00	PRESENTATIONS	
15.30	Dismissal by Headmaster	

FIELD PROGRAMME

Time	Event	Age Group
9.30	Javelin Long Jump High Jump Triple Jump Discus Shot	Year 7 Year 8 Year 9 Year 10 Year 12 None
10.20	Javelin Long Jump High Jump Triple Jump Discus Shot	None Year 7 Year 8 Year 9 Year 10 Year 12
11.10	Javelin Long Jump High Jump Triple Jump Discus Shot	Year 12 None Year 7 Year 8 Year 9 Year 10
12.00	<i>FIELD LUNCH BREAK</i>	
12.20	Javelin Long Jump High Jump Triple Jump Discus Shot	Year 10 Year 12 Year 7 None Year 8 Year 9
13.10	Javelin Long Jump High Jump Triple Jump Discus Shot	Year 9 Year 10 Year 12 None Year 7 Year 8
14.00	Javelin Long Jump High Jump Triple Jump Discus Shot	Year 8 Year 9 Year 10 Year 12 None Year 7

ATHLETIC RECORDS: JULY 2015

EVENT	SENIOR		INTERMEDIATE (U17)		INTERMEDIATE (U16)	
100 m	11.0	C Newman (1981)	11.2	A Malcolm (1992)	11.32	R Evans(2007)
200 m	23.0	C Newman (1981) = M Gailey (1989)	23.2	S Cottrell (1975)	23.5	M Gailey (1986)
400 m	51.2	J Frean (1991)	51.6	C Newman (1980)	51.34	C MacTaggart (2014)
800 m	1:56:01	S Gisby (1978)	1:56:01	S Gisby (1978)	2.04.1	G Campbell (1999)
1500 m	4:06:0	S Smith (1991)	4:09:09	S Smith (1990)	4:24:5	S Sutherland (1971)
80 m Hurdles	11.66	C McNulty (2010)			11.6	J Mills (1992)
100 m Hurdles			14.5	D Newhall (1996)	15.2	K Austreng (1973) = P Norrish (1981)
110 m Hurdles	15.9	H Miell (1990)				
400 m Hurdles	60.0	R Hill (1978)	60.2	R Hill (1977)		
High Jump	1.88	J Hedge (2011)	1.80	P.Labbett (1982)	1.85	J Poulton (2010)
Long Jump	7.11	A Malcolm (1992)	7.11	A Malcolm (1992)	6.43	A Malcolm (1991)
Triple Jump	13.52	I Rennie (1974)	13.49	A Malcolm (1992)	12.68	A Malcolm (1991)
Shot	13.75	J McCormack (2000)	13.09	J McCormack (1999)	13.07	J McCormack (1998)
Discus	49.10	J Gillo (1988)	46.0	J Gillo (1987)	41.68	R Gillo (1988)
Javelin	46.62	R Gillo (2000)	51.46	D Banham (1985)	46.86	D Banham (1984)
House Relay 4 x 100	47.28	Poore (2007)	48.7	Poore (1975)	48.15	Poore (2015)
House Relay 4 x 400	3.55.47	Poore (2007)	-	-	4.03.19	Jewell (2007)

ATHLETIC RECORDS: JULY 2015

	JUNIOR (U15)		JUNIOR (U14)		MINOR (U13)	
100 m	11.85	S Sears (2013)	12.2	C Evans (1984) J Martin (2008)	13.06	J Martin (2007)
200 m	24.5	A Davidson (2008)	25.23	C Evans (1984)	27.1	A Bridge (2008)
300/400 m	38.34	J Hole (2015)	40.03	J Hole (2014)	62.5	S McDermott (1975)
800 m	2:06:4	J Slater (1982)	2:15:0	J Slater (1981)	2:26:0	R Croager (2014)
1500 m	4:30:0	C Trickett (1991)	4:38.3	S Robinson (2008)	4:53.1	T Knight 2008
High Hurdles	11.7	C McNulty (2007)	12.53	C Bailey (2007)	11.9	N Beal (1974)
High Jump	1.78	J Poulton (2009)	1.57	A Janes (1972)	1.45	P Labbett (1979)
Long Jump	5.84	J Templeman (2009)	5.31	C Evans (1984)	4.77	B Corrigan (1987)
Triple Jump	11.77	A Malcolm (1990)	11.07	A Bridge (2009)	10.08	A Malcolm (1988)
Shot	12.82	J McCormack (1997)	10.85	J McCormack (1996)	8.78	J McCormack (1995)
Discus	34.52	R Gillo (1987)	27.08	P Bradley (1985)	26.26	J Martin (2007)
Javelin	44.36	D Banham (1983)	38.10	S Hutchinson (1970)	30.5	S Hutchinson (1969)
House Relay 4 x 100	50.54	Jewell (2015)	53.85	Martival (2015)	57.25	Jewell (2011)
House Relay 4 x 400	4.05.34	Jewell (2007)	4.36.9	Poore (2007)	-	-
House Relay 4 x 200	-	-	-	-	2.06.99	Poore (2007)

WEIGHTS & SPECIFICATIONS FOR BWS SPORTS DAY

Age Group	Event	Weight	Event	Weight	Event	Weight	
Yr 7	U13	Shot	3.25kg	Discus	1.00kg	Javelin	500g
Yr 8	U14	Shot	4kg	Discus	1.25kg	Javelin	600g
Yr 9	U15	Shot	4kg	Discus	1.25kg	Javelin	600g
Yr 10	U16	Shot	5kg	Discus	1.50kg	Javelin	700g
Yr 12		Shot	6kg	Discus	1.75kg	Javelin	800g

Hurdles	Distance	No	Height	
Year 7	70m	8	68cm	No holes
Year 8	80m	8	76cm	One hole
Year 9	80m	8	76cm	One hole
Year 10	80m	7	84cm	Two holes
Year 12	80m	7	84cm	Two holes

SCORING

1st	13 points	7th	6 points
2nd	11 points	8th	5 points
3rd	10 points	9th	4 points
4th	9 points	10th	3 points
5th	8 points	11th	2 points
6th	7 points	12th	1 point

RELAYS

4 x 100m YEAR 7

1st	28 points
28th	1 point

4 x 100m YEARS 8-10

1st	14 points
2nd	11 points
3rd	10 points
4th	9 points
5th	8 points
6th	7 points
7th	6 points
8th	5 points
9th	4 points
10th	3 points
11th	2 points
12th	1 point

4 X 100m SIXTH FORM

1st	20 points
2nd	16 points
3rd	14 points
4th	12 points
5th	10 points
6th	8 points
7th	6 points
8th	4 points

